



# Fit Business Tips of the Month

MAY

With mild weather and flowers in bloom, May is a great time to enjoy all of the natural beauty that California has to offer. May 19 and 20 are California Trail Days. Trail Days give you the chance to help improve your local trails and parks while enjoying the outdoors. For more information about Trail Days, visit [www.parks.ca.gov](http://www.parks.ca.gov). This month's fruit and vegetable of the month, cherries and carrots, are perfect snacks to take along with you while you clean up local trails, on a picnic with your family, or as snacks to munch on at work.

## QUICK AND SIMPLE TIPS

**Participate in a charity event!** Walk, run, or bike to raise money for a special cause and encourage your friends and family to participate with you. Not only will you be raising awareness and money for an important cause, but you also will be improving your own health and getting to spend time with the ones you love.

**Know Your Risk.** May is Stroke Awareness Month. Stroke has become the third leading cause of death in the U.S., but fortunately, 80 percent of all strokes are preventable. High blood pressure, high cholesterol, and a lack of exercise can increase your risk of having a stroke. To find out more about stroke and how you can reduce your risk, visit [www.stroke.org](http://www.stroke.org).





# May's Fruit of the Month

## CHERRIES

### Fun Fact

There are more than 7,000 cherries on a single cherry tree!

### Health Benefits

Cherries are a good source of vitamin C and fiber. There are two main types of cherries—sweet and sour. The Bing cherry is the best-known sweet cherry and sour cherries are most often used for cooking, pies, and preserves. Including cherries in your lowfat diet, along with a colorful variety of fruits and vegetables, will help you maintain heart health, memory function, urinary tract health, and lower your risk of some cancers.

### Selection

At the market, pick a handful of cherries at a time and only select the best fruit. This may be time-consuming, but the reward will be better cherries. Good cherries should be large, glossy, plump, hard, and dark-colored for their variety. Avoid fruit that is bruised or has cuts on the dark surface.

### Storage

Store unwashed cherries in a plastic bag or in a shallow dish covered with plastic wrap. Cherries stored in the refrigerator will last for up to a week. Check the fruit occasionally and remove the cherries that have gone bad. Remember to wash the fruit before eating!

### Preparation Ideas

Most cherries are eaten raw—simply wash and enjoy! If you plan to cook with them, pit the cherries either by hand or with a pitter. Drop the cherries into a small amount of simmering water and cook for one to three minutes until soft.

## FEATURED CHERRY RECIPE: CHERRY PEPPER SALAD

### Ingredients

½	pound fresh carrots, grated	2	tablespoons white wine vinegar
1	cup pitted fresh sweet cherries	½	tablespoon olive oil
1	cup thinly sliced sweet yellow peppers	1	teaspoon sugar
1	cup thinly sliced green peppers		salt and pepper to taste
¼	cup thinly sliced mild chili pepper	4	cups mixed greens
2	tablespoons finely chopped onion		

### Preparation

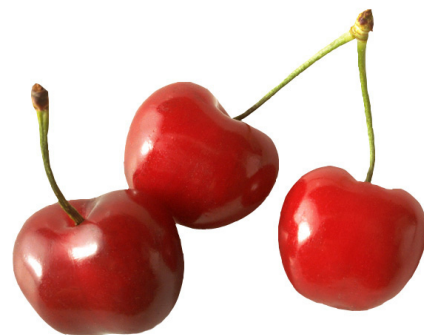
1. Toss all ingredients together, except greens.
2. Refrigerate for 1 hour.
3. Serve on mixed greens.

*Makes 4 servings.*

### Nutrition Information Per Serving

Calories 70, Carbohydrate 13g, Protein 3g, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 90mg, Dietary Fiber 3g

Recipe courtesy of *Fruits and Veggies More Matters*.





# May's Vegetable of the Month

## CARROTS

### Fun Fact

Carrots have been around for thousands of years, but they have not always been orange. It used to be more common to find carrots that were white, purple, red, and even black!

### Health Benefits

Carrots are an excellent source of vitamin A, which is necessary for healthy eyesight, skin, and for helping our bodies fight infection. Carrots are higher in natural sugar than most vegetables, which is what makes them a wonderful sweet, crunchy snack. Including carrots in your lowfat diet, along with a colorful variety of fruits and vegetables, will help you to maintain eye health, boost your immune system, and reduce your risk of some cancers.

### Selection

Pick carrots that are deep orange in color. Avoid carrots that are shriveled, soft, or wilted.

### Storage

Carrots are best stored in the crisper section of the refrigerator. If you buy carrots with the green tops still on, break off the tops and rinse, place in a plastic bag and store in the refrigerator. Storing them in the refrigerator will preserve their flavor, texture, and vitamin A content.

### Preparation Ideas

Although carrots lose some of their vitamins when peeled, dishes prepared with peeled carrots taste fresher. Cook carrots in a small amount of water until they are tender, or save time and cook them in the microwave. For a little extra flavor, season cooked carrots with dill, ginger, honey, brown sugar, parsley, lemon, or orange juice.

## FEATURED CARROT RECIPE: GRATED CARROT SALAD

### Ingredients

- ½ pound fresh carrots, grated
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 1 small clove minced garlic
- 1 tablespoon minced chives
- Salt and freshly ground pepper

### Preparation

1. Mix everything in a bowl and season to taste.

*Makes 6 servings.*

### Nutrition Information Per Serving

Calories 230, Carbohydrate 36g, Protein 8g, Total Fat 6g,  
Saturated Fat 2g, Cholesterol 13mg, Sodium 225mg, Dietary Fiber 3g

Recipe courtesy of the *California 5 a Day Campaign*.

